



March 2025

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MARCH MINDS

Dear Readers,

As the month of March unfolds, we step into a time of celebration, reflection, and recognition—a time when the world acknowledges the strength, resilience, and brilliance of women everywhere. March is not just another month; it is a testament to the power of womanhood in all its forms. It is a reminder that strength does not come in a singular form but exists in countless ways, embodied by women from all walks of life. To the housewife who nurtures and shapes the future with love and patience, to the CEO who breaks barriers and leads with vision, to the student who dreams fearlessly, to the entrepreneur who builds from the ground up, and to the woman who balances both career and home—you are the very definition of strength. Strength is found in the quiet sacrifices, the loud victories, the moments of self-doubt, and the unwavering determination to rise again.





MISS MINDS



This month, we celebrate the diversity of womanhood—women of all castes, cultures, and backgrounds, each carrying a unique story of resilience and success. Your achievements, whether seen or unseen, are significant. Your battles, whether fought in boardrooms or within the walls of your home, are valid. Your dreams, no matter how big or small, matter. As a woman myself, I find endless inspiration in the stories of those who have come before me and those who walk beside me. Every success you achieve, every barrier you break, and every step you take forward fuels my own desire to be great one day—to stand tall, make an impact, and uplift those around me. To every woman reading this: congratulations. Congratulations on your victories, your growth, your perseverance, and your courage to exist in a world that often demands more from you. You are extraordinary, you are powerful, and you are seen. Let us continue to uplift one another, support each other's dreams, and create a world where strength is not defined by limitations but by endless possibilities.

With admiration and solidarity,

Miss Minds

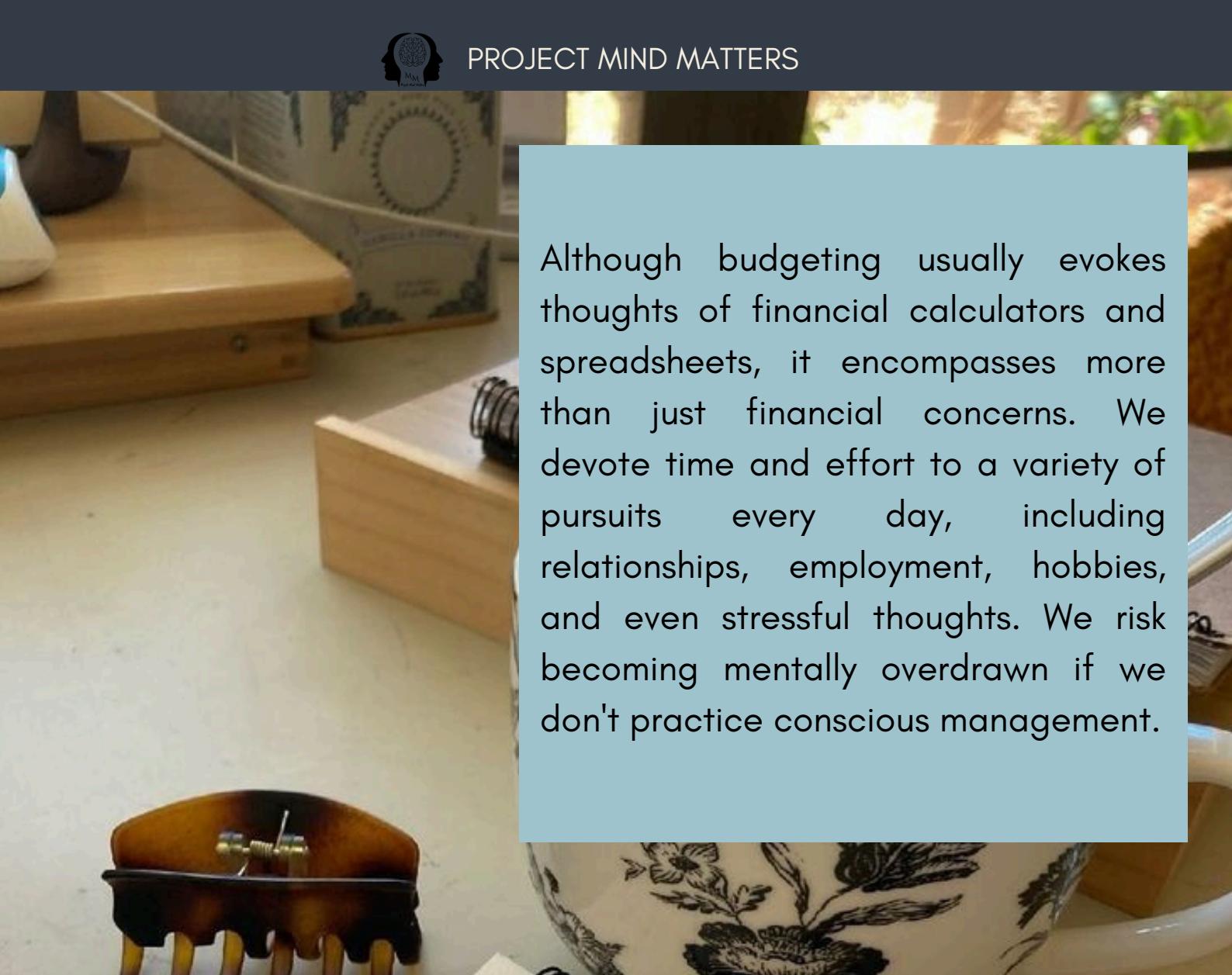
Content: Garima Singh
Design: Sree Vanshika



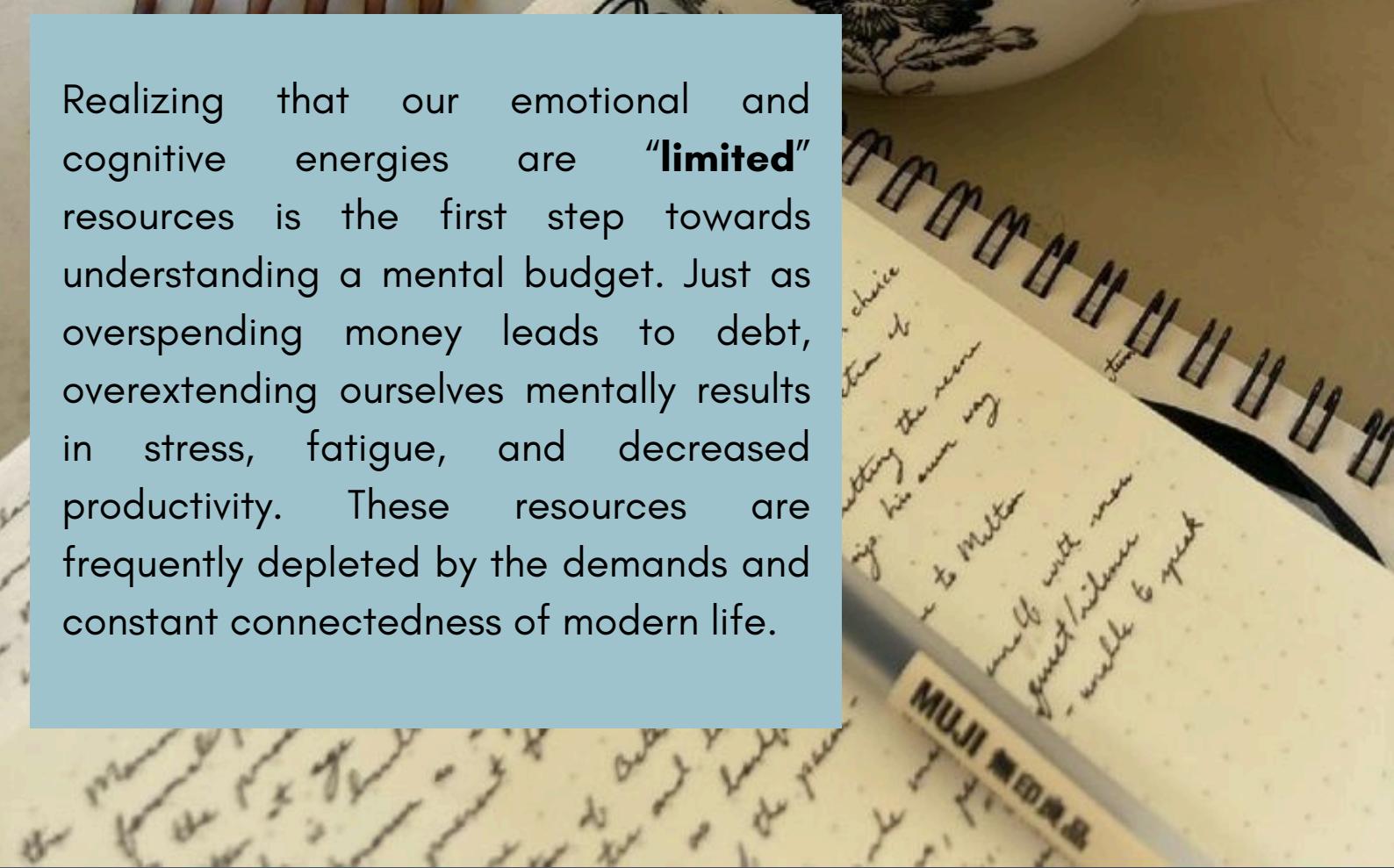
IDES OF MARCH

Shakespeare's **Julius Caesar**, which immortalized the phrase "Beware the Ides of March," is a literary and historical warning to exercise caution, introspection and contemplation. **The Ides of March**, which fell on **March 15th** in ancient Rome, served as the due date for debt repayment. The idea of taking stock is still important even though modern civilization has moved away from the Roman calendar. This contemplation typically centres on monetary commitments. However, it is equally important to evaluate and balance our mental and emotional expenditures in the fast-paced world that we live in today. **Budgeting** for the mind, a notion comparable to financial planning, involves actively managing our cognitive and emotional resources to minimize burnout and promote our general well-being.

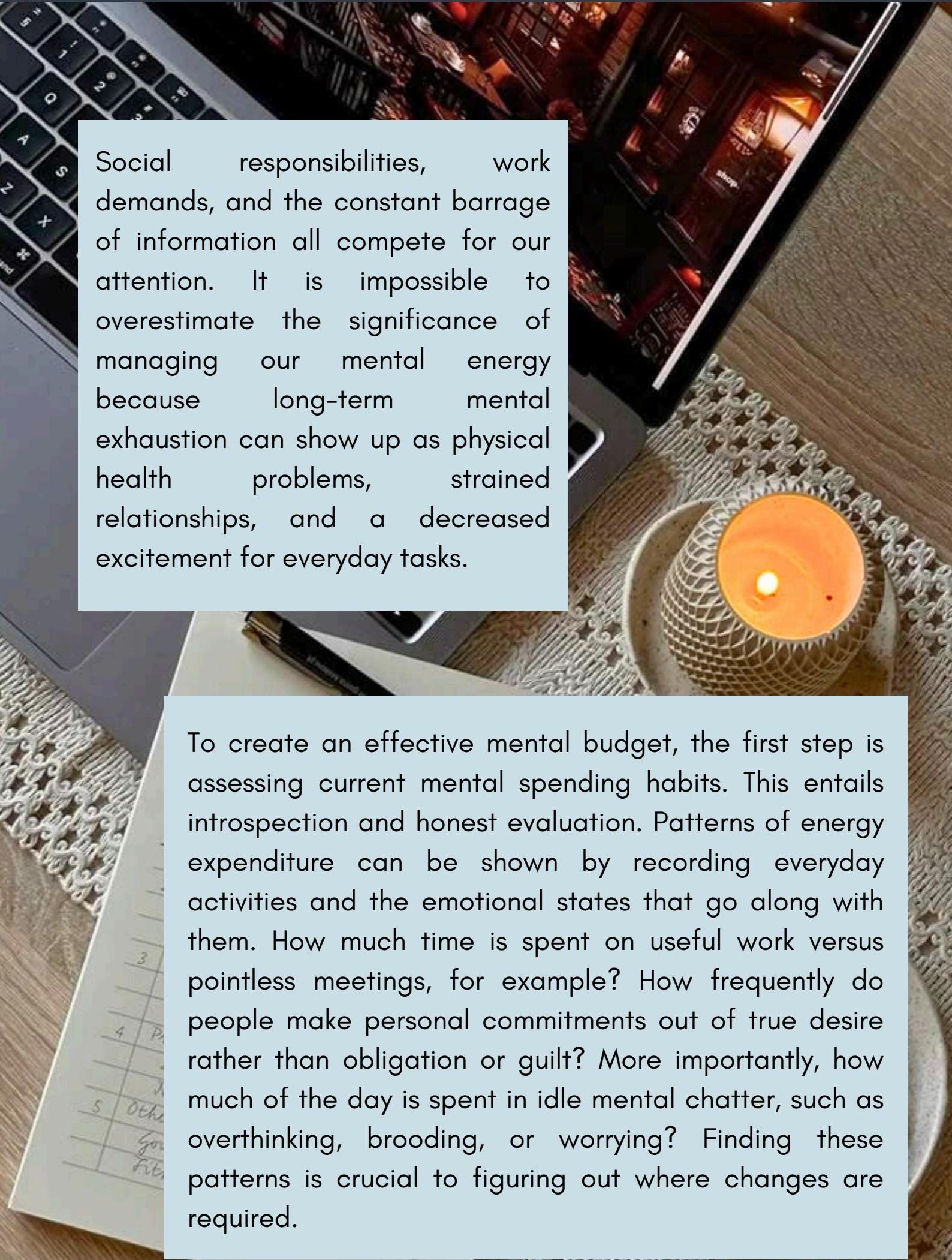




Although budgeting usually evokes thoughts of financial calculators and spreadsheets, it encompasses more than just financial concerns. We devote time and effort to a variety of pursuits every day, including relationships, employment, hobbies, and even stressful thoughts. We risk becoming mentally overdrawn if we don't practice conscious management.

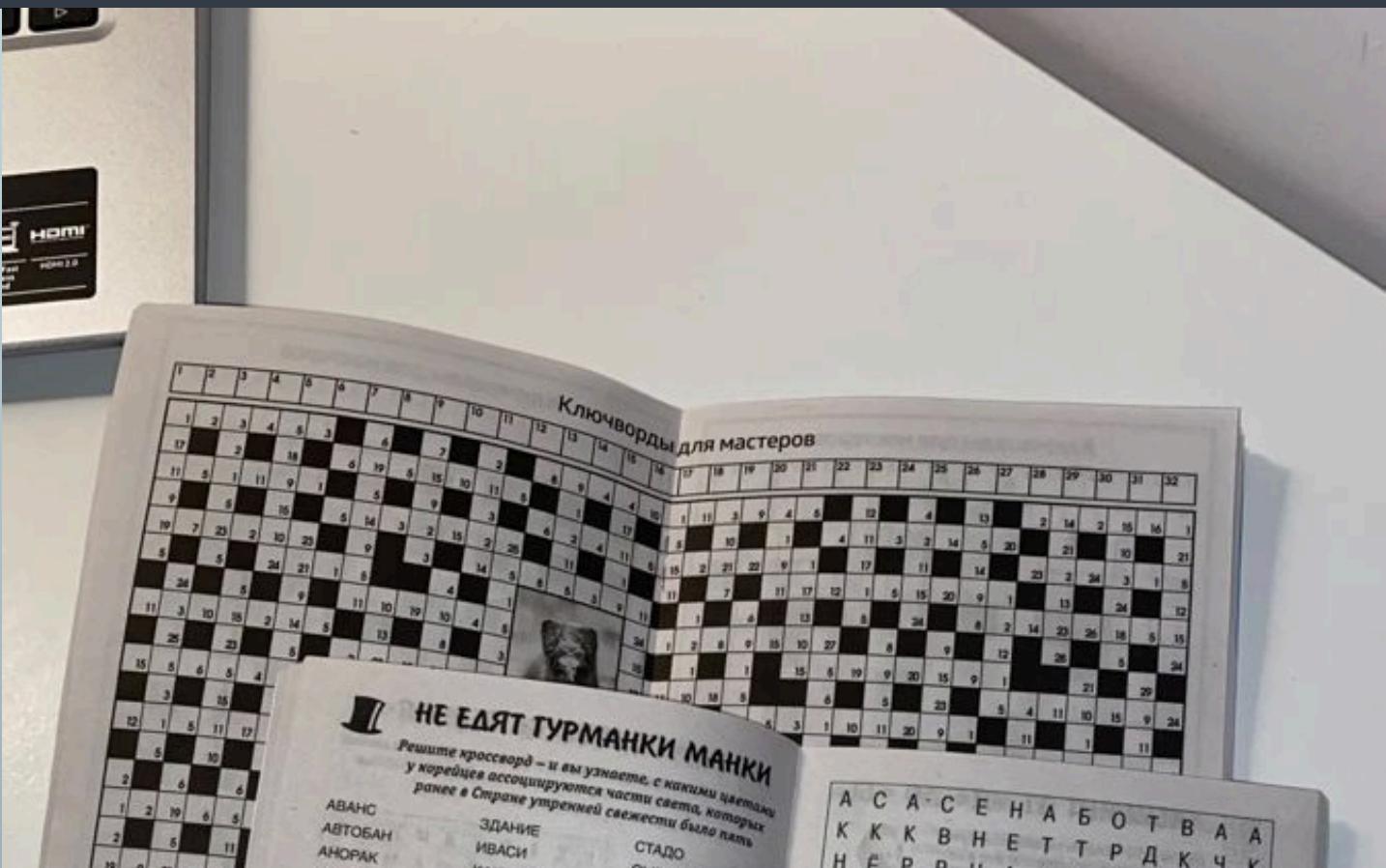


Realizing that our emotional and cognitive energies are "**limited**" resources is the first step towards understanding a mental budget. Just as overspending money leads to debt, overextending ourselves mentally results in stress, fatigue, and decreased productivity. These resources are frequently depleted by the demands and constant connectedness of modern life.



Social responsibilities, work demands, and the constant barrage of information all compete for our attention. It is impossible to overestimate the significance of managing our mental energy because long-term mental exhaustion can show up as physical health problems, strained relationships, and a decreased excitement for everyday tasks.

To create an effective mental budget, the first step is assessing current mental spending habits. This entails introspection and honest evaluation. Patterns of energy expenditure can be shown by recording everyday activities and the emotional states that go along with them. How much time is spent on useful work versus pointless meetings, for example? How frequently do people make personal commitments out of true desire rather than obligation or guilt? More importantly, how much of the day is spent in idle mental chatter, such as overthinking, brooding, or worrying? Finding these patterns is crucial to figuring out where changes are required.



Once mental spending patterns are clear, setting priorities becomes paramount.

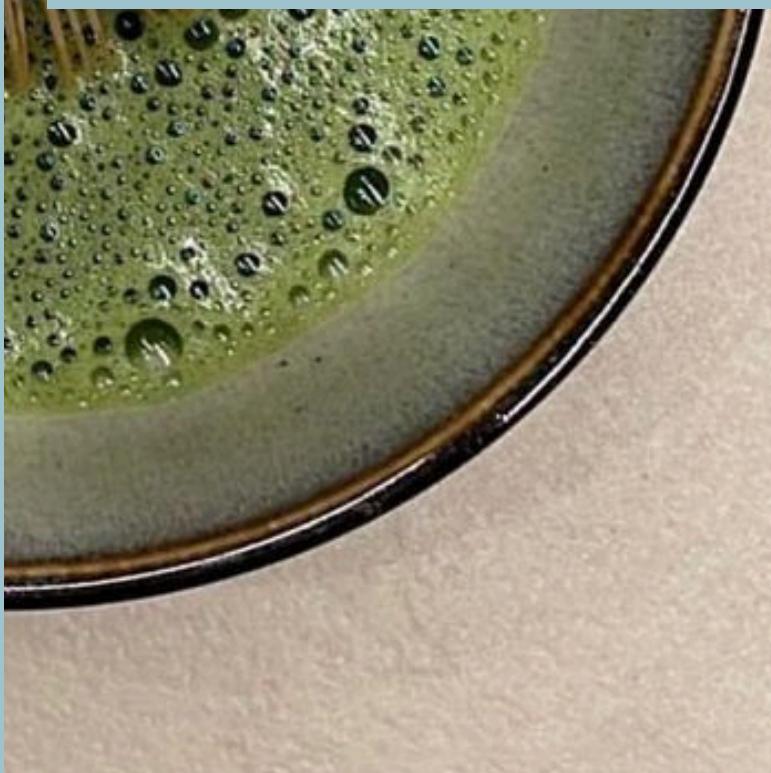
Not every activity depletes us in the same way; some obligations are necessary yet taxing, while others are restorative. Sorting activities and tasks into "Essential," "Energizing," and "Draining" categories can aid in organizing a more balanced distribution of mental resources.

Essential duties, such as family or professional obligations, can be handled more effectively but are frequently non-negotiable. Prioritizing energizing pursuits, physical activity, and time spent with encouraging people will help to restore mental reserves. On the other hand, exhausting activities must be reduced or handled with techniques to lessen their effects.



There are various useful methods for putting techniques to balance a mental budget into practice. One of the best strategies is to set boundaries. Saying "no" to unreasonable requests is a self-preservation tactic, not a selfish one. Significant mental space is also released by reducing emotional debt, which includes negative thought patterns, unsolved conflicts, and obsessing on past mistakes. Focus can be shifted from stressors to sources of joy and fulfilment by practicing mindfulness and participating in positive psychology activities like gratitude writing.

Mindful consumption is also very important. In an age where information is abundant, curating what we expose ourselves to is vital. Mental clutter can be considerably reduced by cutting down on time spent on unproductive social media scrolling or depressing news cycles. Positive mental spending habits are instead reinforced by choosing uplifting content and cultivating helpful relationships.





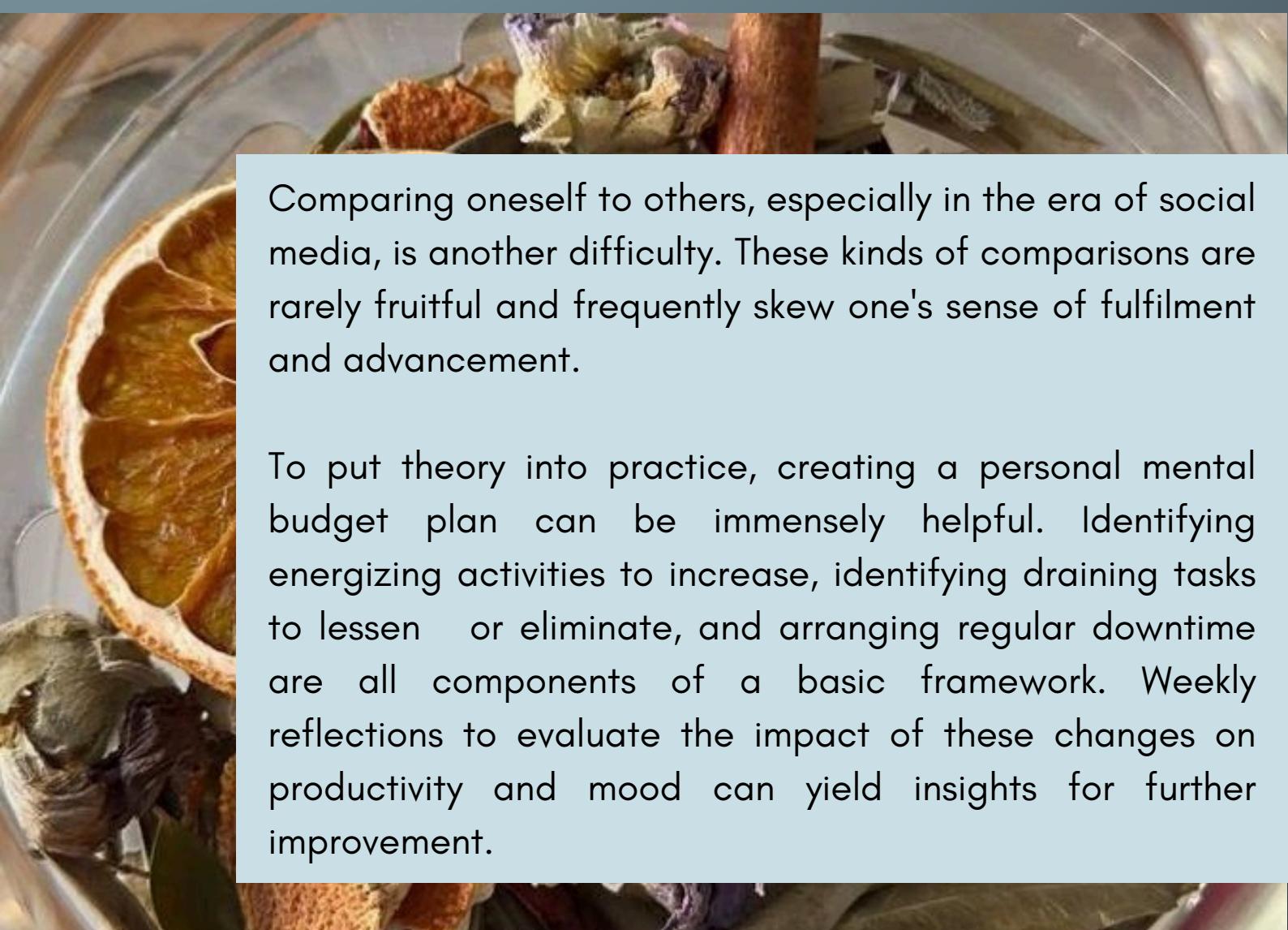
Additionally, downtime scheduling must be set in stone. Recreation and relaxation are vital aspects of mental health, not extravagances. In addition to increasing productivity, monotasking—concentrating on a single task at a time—can lessen cognitive fatigue.

Making short-term changes is helpful, but building long-term mental riches takes consistent work. Frequent exercise is essential for mental health because it releases endorphins, which improve mood and reduce stress. Reading and learning new skills are two ways that lifelong learning keeps the mind sharp and resilient. Strong social ties are equally crucial. Investing in deep connections creates emotional support and a sense of community. Some people may require professional assistance in the form of therapy or counselling, which offers specialized techniques for navigating challenging emotional terrains.





Despite our best intentions for it, mental budgeting attempts can be derailed by typical errors. A common trap is overcommitting, which is frequently motivated by a desire to please or a fear of missing out (FOMO). Making more deliberate choices can be aided by realizing that every "yes" is inherently a "no" to something else. Ignoring the red flags such as chronic fatigue or irritation, might result in more serious problems if ignored.



Comparing oneself to others, especially in the era of social media, is another difficulty. These kinds of comparisons are rarely fruitful and frequently skew one's sense of fulfilment and advancement.

To put theory into practice, creating a personal mental budget plan can be immensely helpful. Identifying energizing activities to increase, identifying draining tasks to lessen or eliminate, and arranging regular downtime are all components of a basic framework. Weekly reflections to evaluate the impact of these changes on productivity and mood can yield insights for further improvement.



Content: Anupama Menon
Design: Mandisha Mandal



In conclusion, the Ides of March, a date that has historically been associated with caution, serves as a timely reminder for modern contemplation. We can use this time to pay off our emotional and mental debts, just as the Romans did with their monetary affairs.

Mind budgeting promotes living an intentional life, in which mental resources are frequently refilled and used prudently. This method gives us the tools to face life's obstacles with more clarity, resilience, and joy rather than eradicating them. As springtime brings nature's renewal, let today be a time for mental renewal. Your mind is your most valuable asset—budget it wisely.



Forks, Feelings, and the Science of Eating



Isn't it strange how a bar of chocolate can lift your spirit after a long day? How that sweet treat satisfies the oomph factor for the day? It's strange how a big greasy fast food meal leaves you feeling unbearably full and sluggish! So it seems **food affects**

our mood more than we let on.

It's not entirely in our heads-it's in our guts, our brain and even our hormones.

Here's the breakdown.



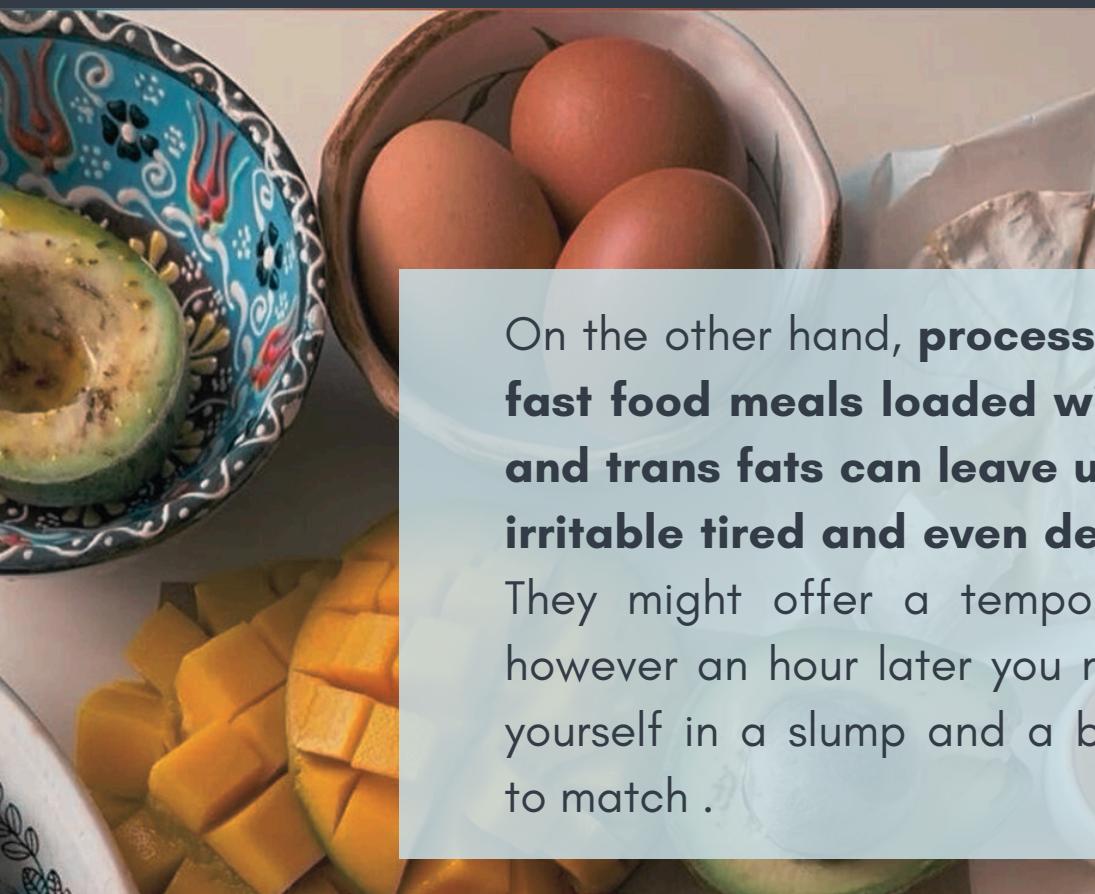


Food just isn't about fueling the body or satisfying hunger. **The gut is also widely known as the "second brain"** and often we tend to ignore warning signs from our second brain. Turns out, the workings of our digestive system is more complex than we acknowledge.

As we celebrate **National Nutrition Month**, let's take a closer look at how our daily meals are not just fuel for the body, but also influence our emotions, energy levels, and mental well-being.

The gut produces about 90 percent of the body's serotonin --the neurotransmitter responsible for happiness and emotional balance. That means what we eat directly affects our mental state, from the comfortness of a nostalgic meal to the fatigue of a sugar crash. Complex carbs like oats and brown rice provide a slow and steady release off energy that keeps our moods at bay.

Studies suggest **omega 3 fatty acids** found in salmon and walnuts **manage anxiety levels effectively**, oranges and other citrus fruits may trigger endorphins because of the vitamin C content in them (smells wonderful too).



On the other hand, **processed food , fast food meals loaded with sugar and trans fats can leave us feeling irritable tired and even depressed.**

They might offer a temporary rush, however an hour later you might find yourself in a slump and a bad mood to match .

FOOD FOR THOUGHT, NOT JUST AS FUEL

How can we improvise? Here's are a few healthy options worth considering

Our trusty probiotics which we often overlook like yogurt and kimchi are some fun add ons to our daily diet. As they say, a happy gut means a happy mind, thanks to the gut brain connection. Berries and oranges contain antioxidants that fight off stress and inflammation , leafy greens and nuts packed with folate and magnesium help keep stress in check. Eggs and cheese loaded with choline help support brain function and memory.



It's not only what we eat, but also the way we eat it. Rushed lunches, skipping breakfast, distracted eating, emotional eating all take a toll on us. Inculcating and practicing mindful eating where we actually **taste, enjoy and listen to our body's hunger cues, can dramatically improve digestion, satisfaction and mental well being.**

Before eating, check in with yourself; are you eating because you're hungry or out of habit, boredom or stress. Create a calm environment free of distractions and take a moment of gratitude.

Notice the colours, smell, textures and flavours of your food. Making this a habit can give you a delightful and fulfilling experience during each meal.

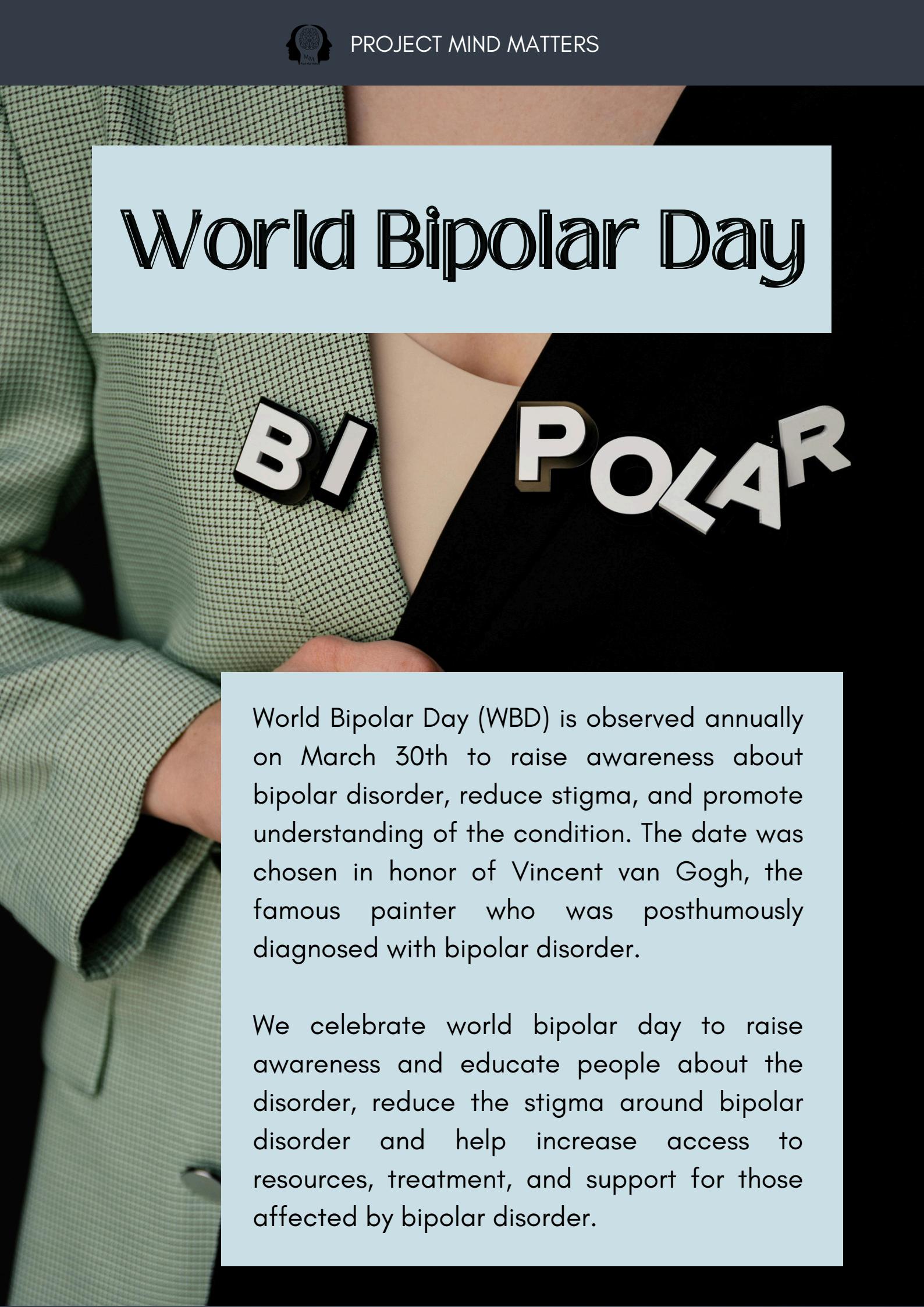
After all, every bite has a story to tell when it comes to food and mood.



Content: Lalitha Anand
Design: Shrey Gupta



World Bipolar Day



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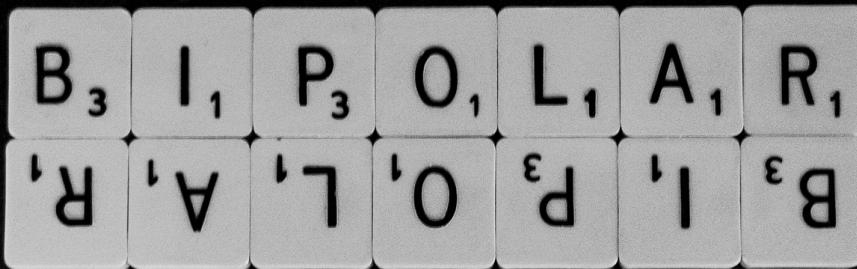
World Bipolar Day (WBD) is observed annually on March 30th to raise awareness about bipolar disorder, reduce stigma, and promote understanding of the condition. The date was chosen in honor of Vincent van Gogh, the famous painter who was posthumously diagnosed with bipolar disorder.

We celebrate world bipolar day to raise awareness and educate people about the disorder, reduce the stigma around bipolar disorder and help increase access to resources, treatment, and support for those affected by bipolar disorder.



In this article we explore what it is like to live with bipolar disorder and how to manage it.

Living with bipolar disorder can be a rollercoaster of emotions, as individuals experience extreme mood swings that range from manic (high-energy, euphoric, or irritable states) to depressive (low-energy, sad, or hopeless states) episodes.



A person in a manic or hypomanic state may wake up feeling extremely energized, sometimes after little sleep. They might feel unstoppable, with racing thoughts and a sense of euphoria. The day could involve starting multiple projects, making impulsive decisions (like spending excessively or taking risks), and talking rapidly. Productivity may feel high, but concentration is often scattered. As the day progresses, they might feel increasingly restless, agitated, or irritable. Sleep may be difficult, leading to further exhaustion but continued activity.



In contrast, during a depressive episode, getting out of bed may feel like an enormous challenge. Fatigue, sadness, and feelings of worthlessness may dominate the day. Simple tasks like showering, eating, or answering messages might seem overwhelming. Work or social interactions can feel draining, and even enjoyable activities lose their appeal. Negative thoughts may persist, making it difficult to concentrate or feel motivated.

The switch between mania and depression depends on what type of bipolar disorder the person has. A person with bipolar disorder I can have episodes of mania lasting at least one week and have depressive episodes lasting 2 weeks typically. They experience one or more manic episodes interspersed with episodes of depression which usually become more common over time



A person with bipolar disorder II have episodes of hypomania which is a less severe form of the mania episodes that people who have bipolar disorder I experience and these typically last 4 days, the depressive episodes last around 2 weeks and have a more debilitating impact on the person. They experience one or more manic episodes interspersed with episodes of depression which usually become more common over time

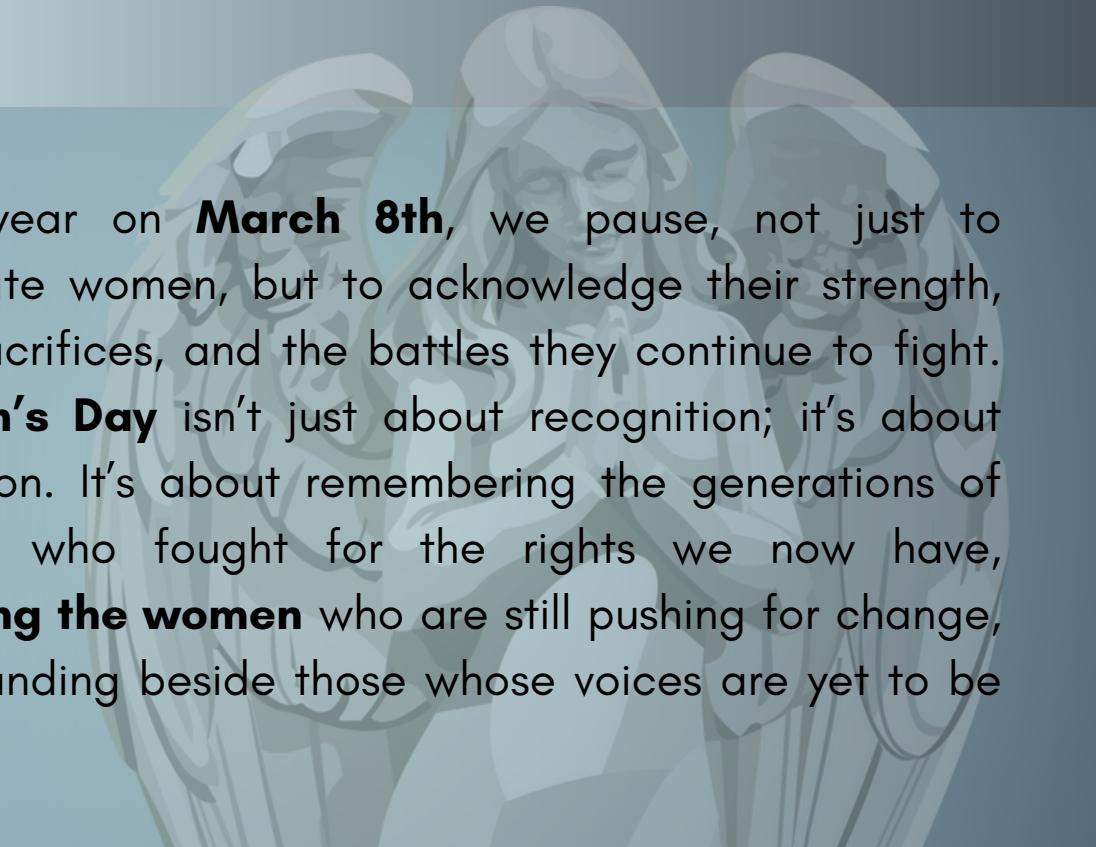


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BIPOLAR

Mission Beach, CA

Content: Tanvi Yadlapati
Design: Nathan D'silva



Every year on **March 8th**, we pause, not just to celebrate women, but to acknowledge their strength, their sacrifices, and the battles they continue to fight.

Women's Day isn't just about recognition; it's about reflection. It's about remembering the generations of women who fought for the rights we now have, **honoring the women** who are still pushing for change, and standing beside those whose voices are yet to be heard.

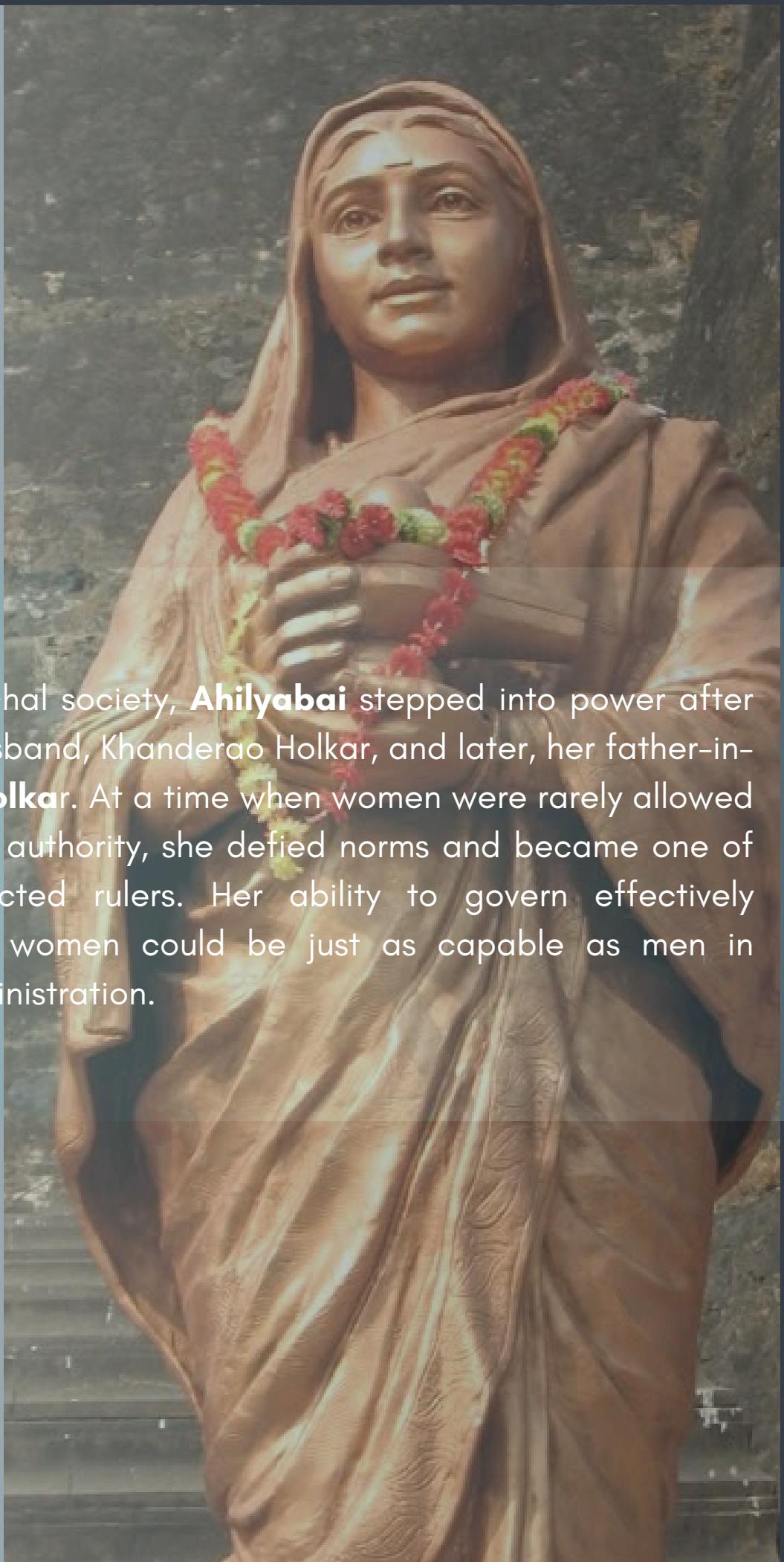
International Women's Day

But beyond the grand speeches and inspiring slogans, Women's Day is **deeply personal**. It's about the mother who wakes up before dawn to care for her family, the teacher who believes in her students when no one else does, the nurse who pulls another double shift because she knows someone needs her, the girl who dreams of a future where she's judged for her abilities, not her gender. **It's about the women we know, love, and admire, those who shape our world in quiet, powerful ways.**



Stories of Strength and Resilience

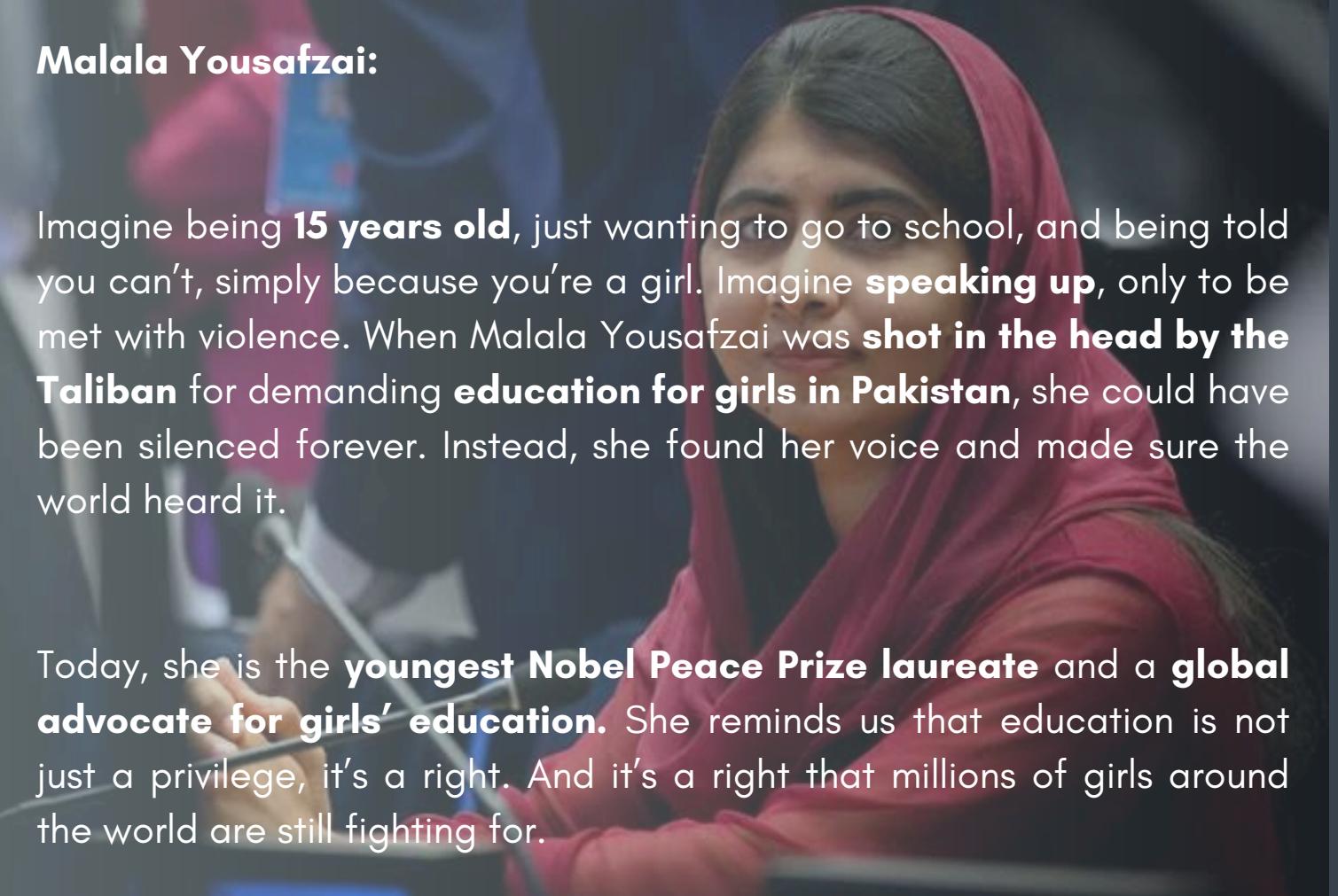
Women have always carved their own paths, often against impossible odds. They have **risen above discrimination**, shattered ceilings, and **rewritten history**. Some names are well known, but many more belong to women whose stories are rarely told.



In a deeply patriarchal society, **Ahilyabai** stepped into power after the death of her husband, Khanderao Holkar, and later, her father-in-law, **Malhar Rao Holkar**. At a time when women were rarely allowed to hold positions of authority, she defied norms and became one of India's most respected rulers. Her ability to govern effectively demonstrated that women could be just as capable as men in leadership and administration.



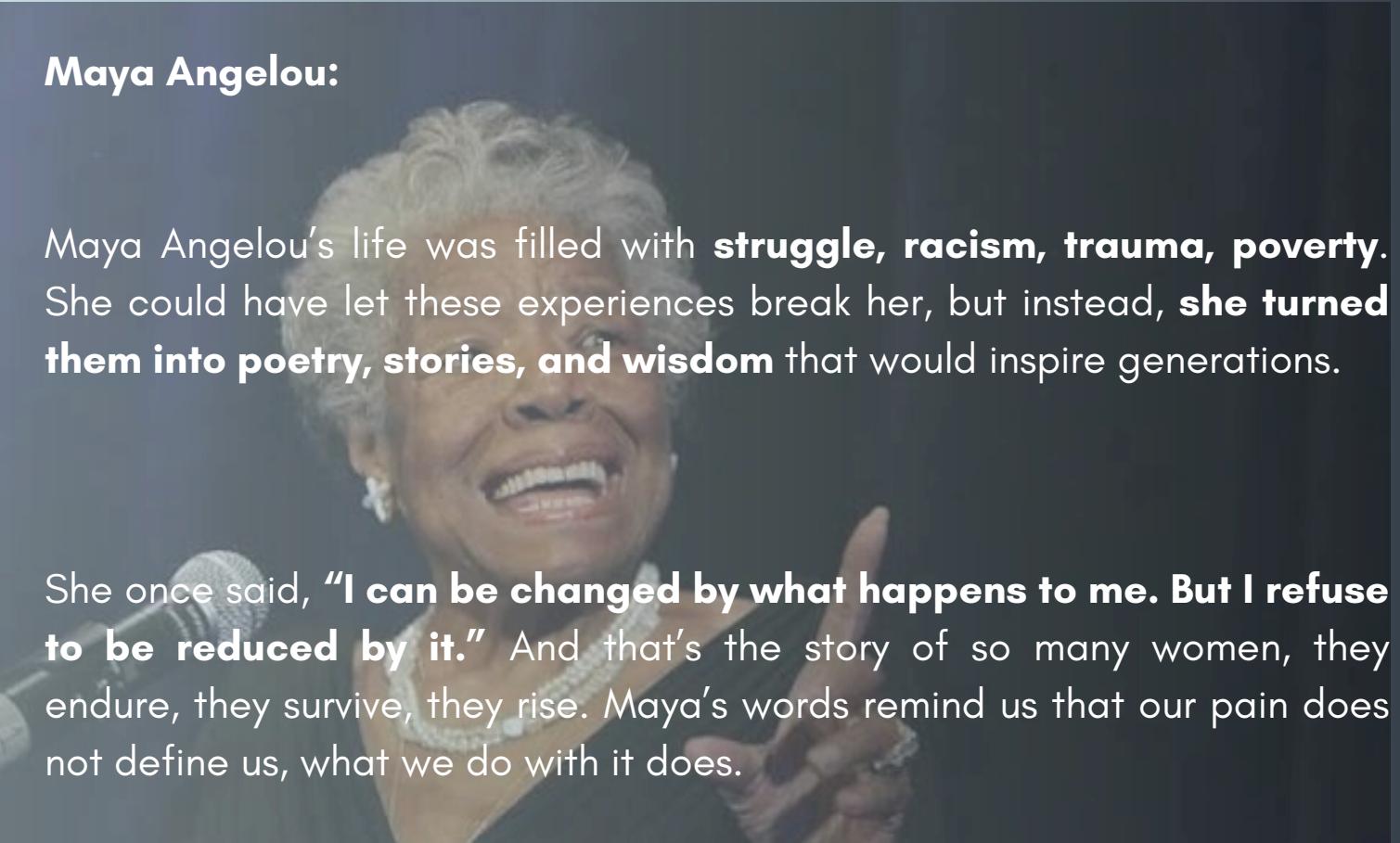
Malala Yousafzai:



Imagine being **15 years old**, just wanting to go to school, and being told you can't, simply because you're a girl. Imagine **speaking up**, only to be met with violence. When Malala Yousafzai was **shot in the head by the Taliban** for demanding **education for girls in Pakistan**, she could have been silenced forever. Instead, she found her voice and made sure the world heard it.

Today, she is the **youngest Nobel Peace Prize laureate** and a **global advocate for girls' education**. She reminds us that education is not just a privilege, it's a right. And it's a right that millions of girls around the world are still fighting for.

Maya Angelou:

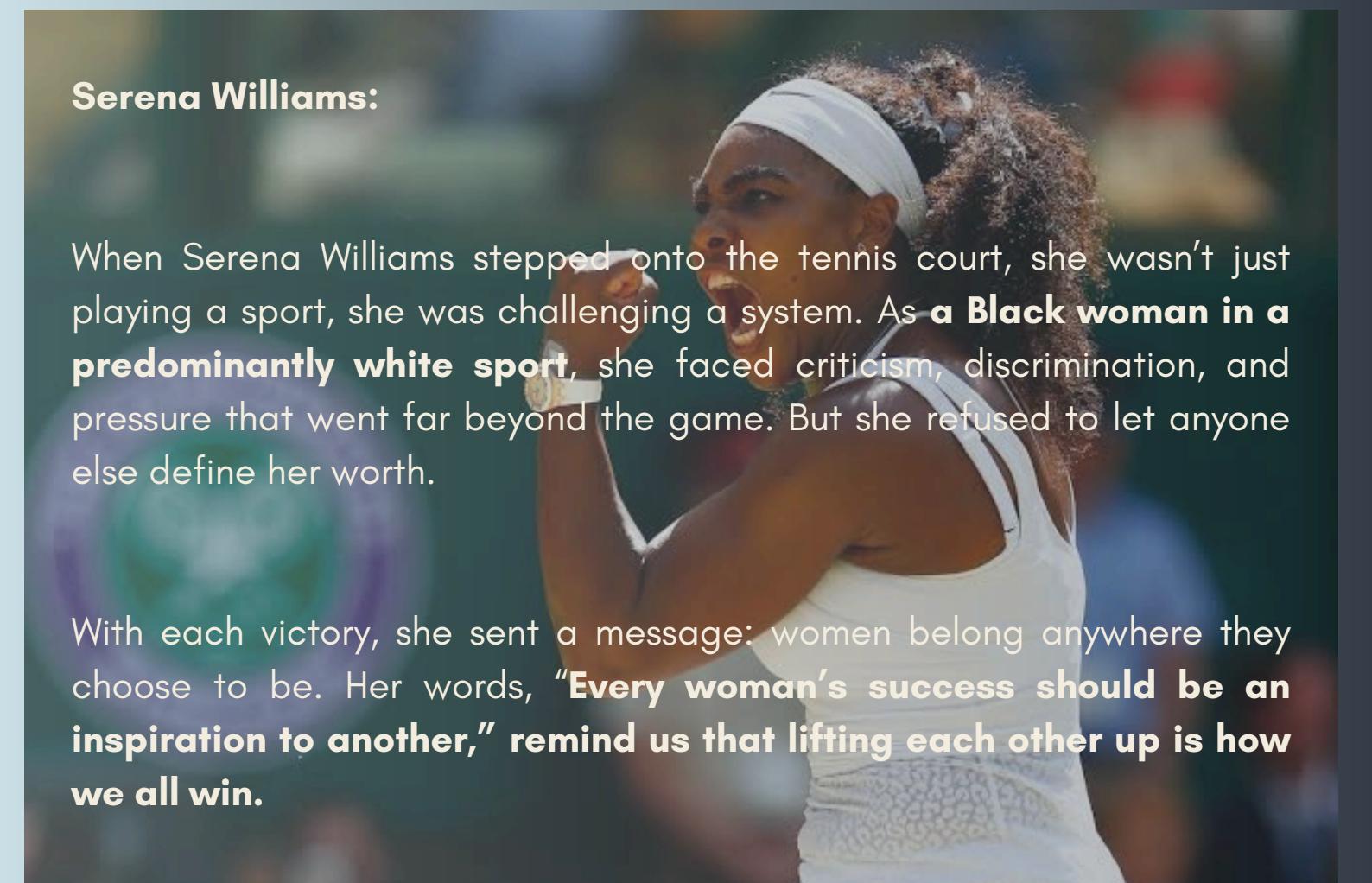


Maya Angelou's life was filled with **struggle, racism, trauma, poverty**. She could have let these experiences break her, but instead, **she turned them into poetry, stories, and wisdom** that would inspire generations.

She once said, "**I can be changed by what happens to me. But I refuse to be reduced by it.**" And that's the story of so many women, they endure, they survive, they rise. Maya's words remind us that our pain does not define us, what we do with it does.



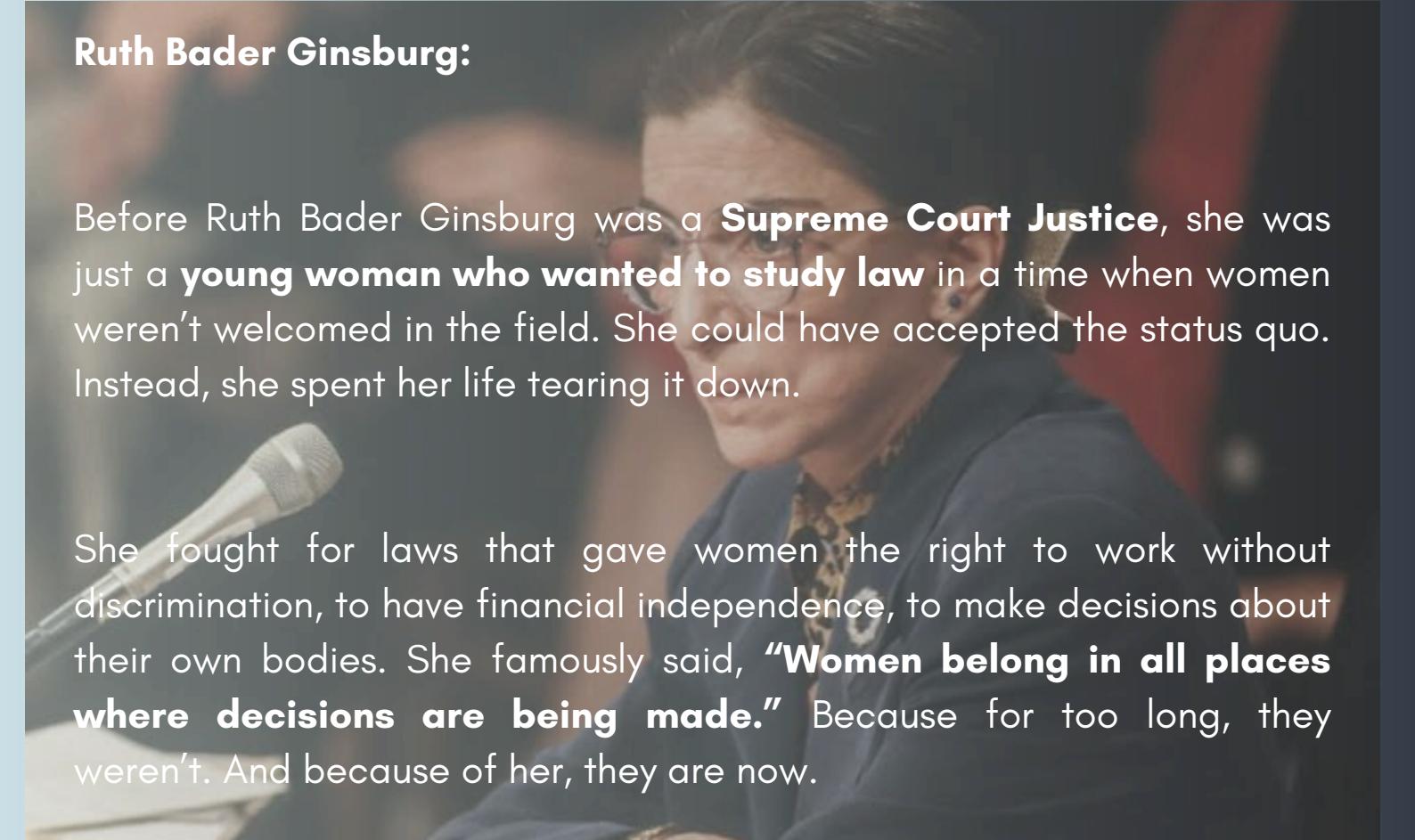
Serena Williams:



When Serena Williams stepped onto the tennis court, she wasn't just playing a sport, she was challenging a system. As a **Black woman in a predominantly white sport**, she faced criticism, discrimination, and pressure that went far beyond the game. But she refused to let anyone else define her worth.

With each victory, she sent a message: women belong anywhere they choose to be. Her words, "**Every woman's success should be an inspiration to another,**" remind us that lifting each other up is how we all win.

Ruth Bader Ginsburg:



Before Ruth Bader Ginsburg was a **Supreme Court Justice**, she was just a **young woman who wanted to study law** in a time when women weren't welcomed in the field. She could have accepted the status quo. Instead, she spent her life tearing it down.

She fought for laws that gave women the right to work without discrimination, to have financial independence, to make decisions about their own bodies. She famously said, "**Women belong in all places where decisions are being made.**" Because for too long, they weren't. And because of her, they are now.



Women's Day isn't just about famous figures, it's about the women we see every day.

It's about **your best friend** who's working twice as hard for half the recognition.

It's about **your sister**, who dreams of a world where she doesn't have to be afraid walking home at night.

It's about **your grandmother**, who never had the opportunities you do but still made sure you did.

It's about **the woman you pass on the street**, who is carrying a weight you don't even realize.

Every woman carries a story, of struggle, of sacrifice, of strength. Some stories are loud, some are quiet. **All of them matter.**

Women

Around Us



Women's Day isn't just about celebration, it's about action. It's about asking the hard questions:

- Why are women still paid less than men for the same work?
- Why are women still afraid to speak up about harassment?
- Why do so many women still not have access to education, healthcare, or basic rights?

It's about realizing that while we've come far, there's still so much more to do.



So What Can We Do?!

Speak up. If you see injustice, don't look away. Use your voice to call out discrimination and support the women around you.

Support women's work. Whether it's a small business, an artist, or a leader in your field, invest in women.

Teach the next generation. Show young girls that their dreams are valid and that they don't have to fit into anyone's expectations but their own. Teach young boys that strength is not about dominance, but about respect.

Stand together. Women's empowerment isn't just about individual success, it's about collective progress. When one woman rises, she lifts others with her.



This Women's Day, let's do more than just celebrate. **Let's commit.** Let's fight for a future where no woman has to justify her worth, where she doesn't have to fight for the rights that should already be hers, where she can dream without limits and live without fear.

Because when women thrive, the world thrives.



Self injury awareness month



March is recognized as Self-Injury Awareness Month, a time dedicated to increasing understanding and reducing the stigma surrounding self-harm. Self-injury, clinically referred to as non-suicidal self-injury (NSSI), involves deliberate harm to one's body without suicidal intent. This behavior often serves as a coping mechanism for individuals experiencing overwhelming emotional distress.

Understanding Self-Injury

NSSI encompasses various behaviors, including cutting, burning, scratching, or hitting oneself. While these actions are not intended as suicide attempts, they can lead to severe physical and emotional consequences. Individuals may engage in self-injury to express feelings they cannot verbalize, to exert control over their emotions, or to distract themselves from psychological pain. It's crucial to recognize that self-harm is a sign of underlying issues, such as depression, anxiety, trauma, or other mental health conditions.



Amid the challenges of self-injury, many individuals have demonstrated remarkable resilience and recovery. For instance, Charlotte began self-harming at 14 as a way to cope with anxiety and emotional turmoil. She concealed her scars and struggled in silence for years. With time, Charlotte sought support from her family and engaged in therapeutic activities like writing and physical exercise. She shares, "I keep myself productive. I clean, write, and trampoline to avoid those thoughts." Her journey underscores the importance of finding healthy outlets and seeking support.

Stories of Resilience

Similarly, an anonymous contributor recounted their battle with self-harm, which began as a means to manage overwhelming emotions. Through therapy and the support of loved ones, they learned to identify triggers and develop healthier coping mechanisms. They emphasize, "Now that I have access to mental health care and better ways of expressing my emotions, I'm less likely to think about self-harming."



The Ripple Effect on Families

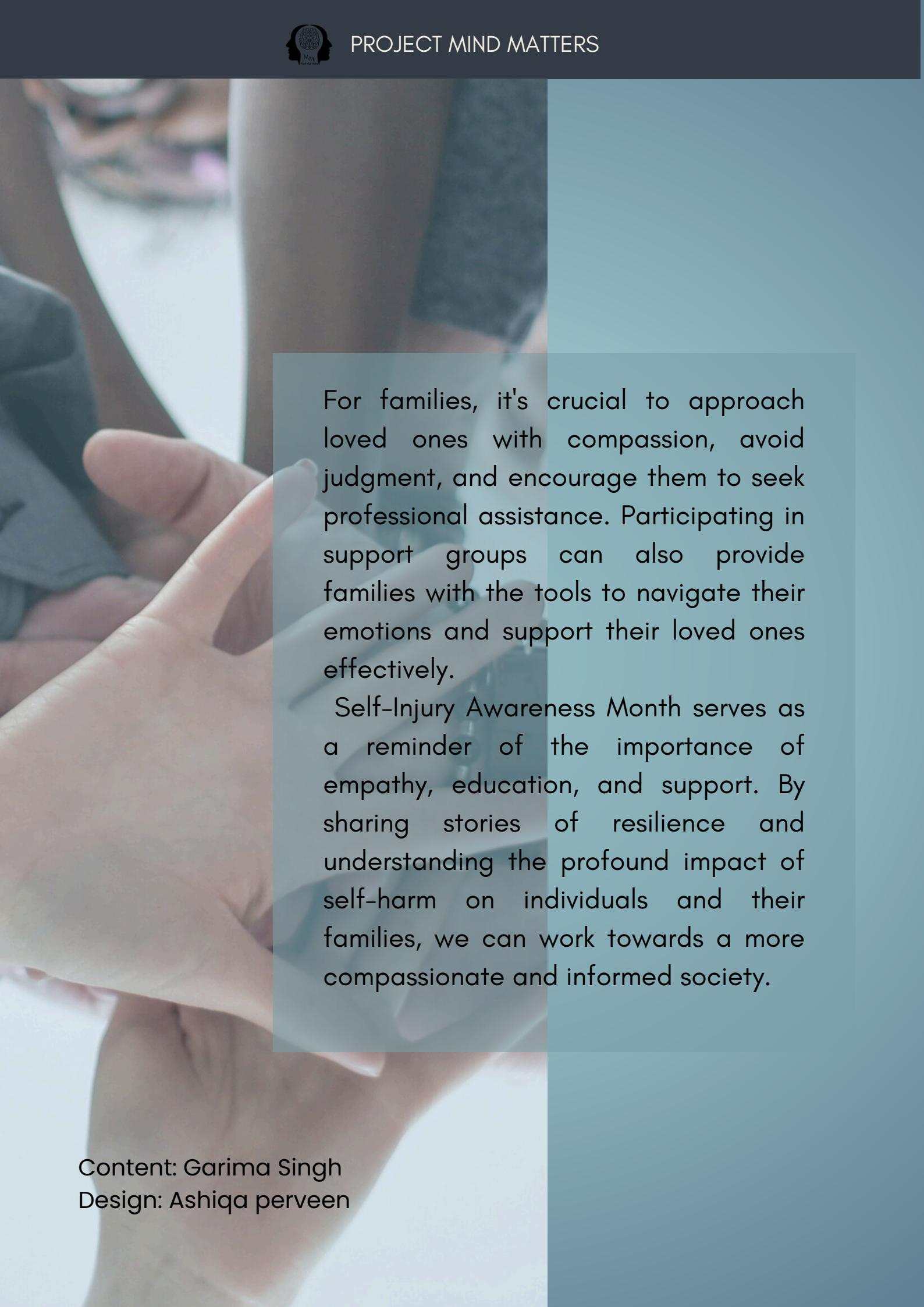
While self-injury is a personal struggle, its impact extends to family members and loved ones. The emotional toll of witnessing a loved one engage in self-harm can lead to feelings of helplessness, guilt, and profound sadness. In some tragic cases, self-injury can escalate, resulting in accidental death or suicide, leaving families to grapple with intense grief and unanswered questions. The aftermath of such loss is devastating. Families may experience a range of emotions, from shock and denial to anger and deep sorrow. The stigma surrounding self-harm and suicide can further isolate grieving families, making it challenging to seek support. It's essential for communities to offer compassionate spaces where families can share their experiences and find solace.



Moving Forward: Support and Awareness

Raising awareness about self-injury is vital in fostering understanding and encouraging individuals to seek help. Education can dispel myths, reduce stigma, and promote empathy. For those struggling with self-harm, several strategies can aid in recovery:

- **Seek Professional Help:** Therapists trained in dealing with self-injury can provide coping strategies and address underlying issues.
- **Build a Support Network:** Sharing feelings with trusted friends or family members can alleviate the burden.
- **Develop Healthy Coping Mechanisms:** Engaging in activities like journaling, art, or physical exercise can serve as alternatives to self-harming behaviors.
- **Educate Yourself and Others:** Understanding the reasons behind self-injury can foster empathy and support.



For families, it's crucial to approach loved ones with compassion, avoid judgment, and encourage them to seek professional assistance. Participating in support groups can also provide families with the tools to navigate their emotions and support their loved ones effectively.

Self-Injury Awareness Month serves as a reminder of the importance of empathy, education, and support. By sharing stories of resilience and understanding the profound impact of self-harm on individuals and their families, we can work towards a more compassionate and informed society.



Project_mindmatters



Mind Matters



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